

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (cancelled)
2. (cancelled)
3. (cancelled)
4. (cancelled)
5. (cancelled)
6. (currently amended) A sport specific training and conditioning device for a sport using a handle implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and a the device consisting essentially of an undeformable weight on positioned at the second end of the handle, the center of mass of the device being stationary and being less than about 13 inches from the first end of the handle, and wherein the device weighs more than the hand held implement used in the sport such that the positioning of the undeformable weight and the center of mass is configured to direct the effect of the undeformable weight in a concentrated manner to the forearms of the user.

Appl. No. 09/598,110  
Amdt. dated February 21, 2006  
Reply to Office action of 08/18/05

7. (cancelled)
8. (cancelled)
9. (cancelled)
10. (cancelled)
11. (cancelled)
12. (cancelled)
13. (cancelled)
14. (cancelled)
15. (cancelled)
16. (cancelled)
17. (cancelled)